



THE SYMIT GUIDE TO *Lectio Divina*

Lectio Divina means 'sacred reading' and describes a method of reading and praying with the Bible used since the 6th Century. We've taken the five steps, and simplified them so you can start praying with God's word!

"YOUR PRAYER IS THE WORD YOU SPEAK TO GOD. WHEN YOU READ THE BIBLE, GOD SPEAKS TO YOU;
WHEN YOU PRAY, YOU SPEAK TO GOD" (ST AUGUSTINE)

Choose a scripture passage (we suggest choosing from the Gospels) and start by asking the Holy Spirit to guide your time of prayer.

1. *Lectio* (READING)

Read the passage, do I understand what is happening? What is the literal meaning of this text?

2. *Meditatio* (MEDITATION)

Read the passage for a second time, which word or phrase stands out to me? What is it saying to me? What meaning does it have for my life?

3. *Oratio* (PRAYER)

What do I want to say to God after reading His word? Talk to Him about what this passage means to you.

5. *Actio* (ACTION)

How does God's word inspire me to serve others? How will I put my faith into action?

4. *Contemplatio* (CONTEMPLATION)

How will I allow God to change me after reading this passage? How can I see things from His perspective?

"SEARCH DILIGENTLY AND WITH UNSHAKABLE TRUST IN GOD FOR THE MEANING OF THE DIVINE SCRIPTURES, WHICH IS HIDDEN IN GREAT FULLNESS WITHIN." (POPE BENEDICT XVI)

